

# WALKING SAFETY TIPS

Brought to you by Lifelong Elizabeth and the Elizabeth Police Department

According to the National Highway Traffic Safety Administration, an average of one pedestrian is killed every two hours and injured every seven minutes in traffic crashes. Use these tips to walk safely around your neighborhood and prevent accidents from happening!



## 1. Use sidewalks.

Use sidewalks to walk down streets. In the case that there are no sidewalks and you have no choice but to walk on the street, walk AGAINST the flow of traffic.

## 2. Use crosswalks.

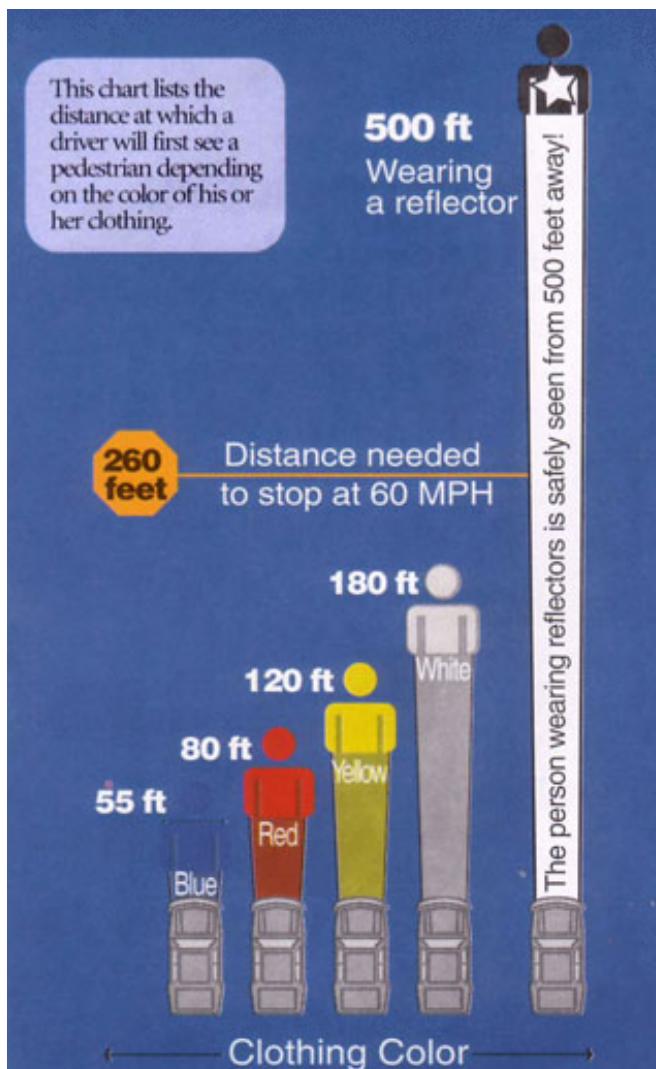
Your chances of being struck by a car are increased if you cross the street at any point besides a crosswalk. Pedestrians DO NOT have the right of way outside of crosswalks.



## 3. Watch for turning vehicles.

Most pedestrians are struck when vehicles are turning. When crossing at the crosswalk, look left, right, and left again to ensure that no cars are coming and you notice cars that are turning.

## 4. Use bright colored clothing.



Dark clothing is dangerous, as it is hard to see by drivers at nighttime. The use of safety vests, or neon colored clothing, is the best way to help drivers see you from farther distances when driving.



## 5. Avoid distractions.

Do not use cell phones or listen to music while walking. Being distracted while walking puts you at risk of bumping into objects on sidewalks and being struck by cars that you don't notice.

## 6. Make eye contact with drivers before crossing.

If they see you, they are less likely to hit you. A simple wave or acknowledgement can help drivers notice you crossing the street.

